



CENTRAL SHENANDOAH HEALTH DISTRICT

WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

DECEMBER 23, 2021

NEW THIS WEEK!

*****If you are unable to reach the VASE+ page from hyperlinks in this newsletter, please either type or copy/paste the URL into your browser: vase.vdh.virginia.gov***



HOW TO STAY SAFE DURING HOLIDAY TRAVEL AND GATHERINGS

The holidays are an exciting time to gather with friends and family, and there are many ways you can keep yourself and loved ones safe! Here are some helpful tips to slow the spread:

Get vaccinated or boosted if you are eligible. Everyone ages 5+ is eligible for a COVID-19 vaccine, and everyone ages 16+ is eligible for a booster. Vaccination is the best way to protect small children, others who cannot get vaccinated, or people who might not be protected even if they are vaccinated (those with weakened immune systems).

- 16–17 year olds can get a Pfizer vaccine booster, at least 6 months after their second shot.
- Adults who are 18 years and older may choose any of the COVID-19 vaccines approved/authorized in the U.S. as a booster dose. The timing of the booster dose will depend on the type of vaccine that you received.

Delay travel until you are fully vaccinated. People who are fully vaccinated are less likely to catch and spread

COVID-19, so the CDC and VDH recommend [waiting until you are fully vaccinated to travel](#). Before traveling, make sure you understand the requirements for testing and quarantining. Avoid large crowds, and wear a mask.

If you are sick, do not host or attend any holiday gatherings. Stay home if you are feeling under the weather, and seek other ways to celebrate virtually or at a later date. Additionally, hosting your gatherings outdoors is safer than indoors because there is more fresh air circulating.

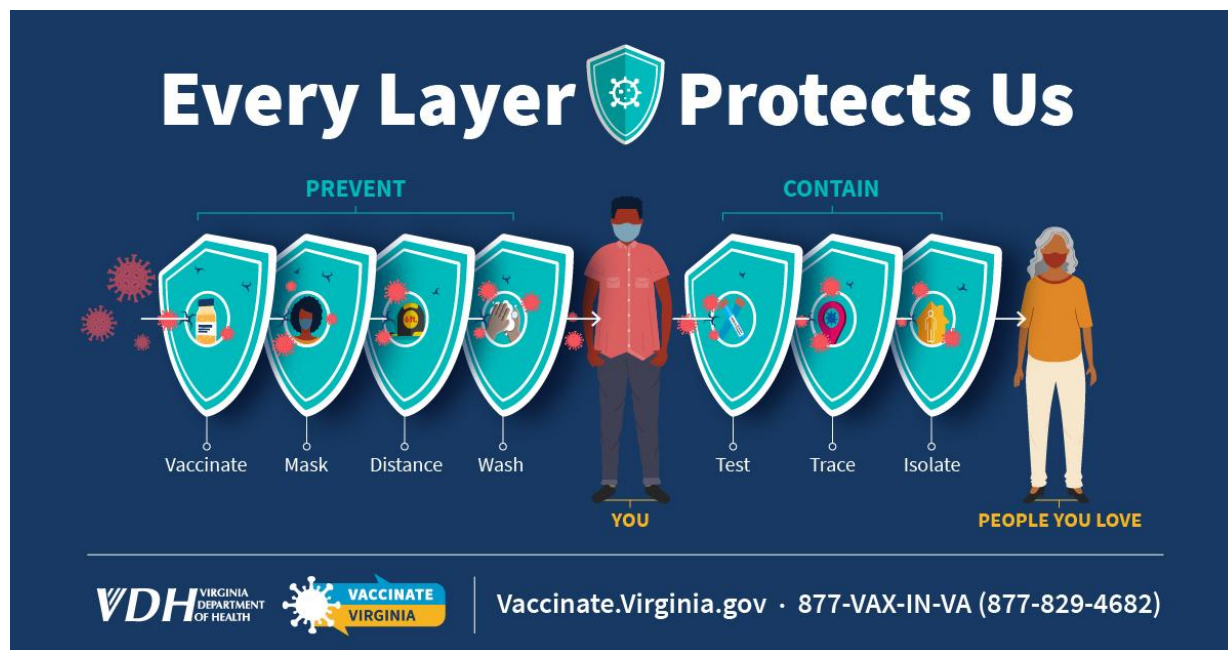
Mask up! If you are in a crowded place or at a large gathering, you should wear a mask (even if you are fully vaccinated). You should also wear a mask in public indoor settings in communities with [substantial to high transmission](#) (even if you are fully vaccinated). Wearing a mask is especially important if (1) you are not fully vaccinated, (2) you have a weakened immune system, (3) you are at increased risk for severe disease due to your age or medical conditions, and/or (4) if someone in your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated. Masks are recommended for everyone 2 years and older

Wash your hands regularly. Washing your hands is also important to stop the spread of germs, including COVID-19 virus and flu. Handwashing is recommended before eating or serving food. It is also recommended after coughing, sneezing or blowing your nose, and after removing your mask.

Take additional precautions if necessary. If you are gathering with a group of people from multiple households and potentially from different parts of the country, you could consider additional precautions (e.g., avoiding crowded indoor spaces before travel, taking a test) in advance of gathering to further reduce risk.

Read more about safe holiday celebrations

SLOWING THE SPREAD OF THE OMICRON VARIANT



Last week, the Virginia Department of Health confirmed the first case of the Omicron variant of COVID-19 in Virginia's Northwest Region, which includes CSHD. **While it is cause for concern, it is NOT a cause for panic!**

VDH, working with partners at state labs and the CDC, is actively involved in tracking the Omicron variant, and studying it to learn more about its characteristics and potential threats to the public.

Wondering what to do next?

YOU can help to slow the spread!

- Everyone 5 years old and older is eligible for a COVID-19 vaccine, and should receive one. The vaccines are safe, effective and free. If you haven't been vaccinated, now is the time.
- Get boosted if you are 16 years old or older and it's been 6 months since your second shot of Moderna or

- Pfizer, or 2 months since your shot of Johnson & Johnson.
- Continue to practice prevention measures -- like wearing a mask in public indoor settings and crowded outdoor space, watch your distance, and wash your hands frequently.
- Get boosted if you are 16 years old or older and it's been 6 months since your second shot of Moderna or Pfizer, or 2 months since your shot of Johnson & Johnson.
 - Please note, only the Pfizer vaccine is authorized for those who are 16 and 17 years old.

A new variant does not change public health guidance! We know what works (vaccination, masking and social distancing), and while we learn more about Omicron, we can continue to layer those mitigation measures.

[Read the Latest from the CDC](#)

HOLIDAY TRAVEL - ARE YOU PREPARED?

Are you planning a trip? Regardless of vaccination status, everyone is required to wear a mask on planes, and show a negative COVID-19 test taken no more than 1 day before returning to the U.S. from abroad.

A Ticket to COVID-19 Safety

Requirements
Regardless of vaccination status, U.S. travelers must:

- Wear a mask on planes, trains, buses, and other forms of public transportation.
- Show a negative COVID-19 test taken no more than 1 day before returning to the U.S. from international travel.
- Follow the entry rules and requirements of international destinations.

Recommendations

- Get vaccinated. If you are planning to travel this holiday season, the most important thing you can do to keep safe is get vaccinated, or get a booster if you are eligible.
- Do not travel if you feel sick, are waiting for COVID-19 test results, have been exposed to COVID-19, or have tested positive for COVID-19.
- Track COVID-19 rates in your origin and your destination locations, and take extra precautions—like avoiding crowds and wearing a mask—in areas of high and substantial transmission.

Unvaccinated Travelers
If possible, delay travel unless you are fully vaccinated. In addition to testing requirements for those returning from international travel, the CDC recommends that unvaccinated travelers take a viral test 1-3 days before any trips (domestic or international), self-quarantine for 7 days, and get tested 3-5 days after returning from travel.

Public Health Communications COLLABORATIVE
publichealthcollaborative.org

[Read more about CDC Travel Guidance](#)

SELF-TESTING KITS FOR COVID-19 ARE NOW AVAILABLE AT SOME PUBLIC LIBRARIES THROUGHOUT CSHD!



GET YOUR FREE COVID-19 **AT-HOME** TEST KIT

Participating libraries are now offering **free test kits** for you to use when you **get home**.



Library cards are not required



Tests must be done at home

To take the test you will need:



Valid ID



Internet connection

Free COVID antigen test kits are available at select library branches throughout CSHD! Click on the branches below to be directed to their website for more information.

- [Highland County Public Library](#) (540) 468-2373
- [Staunton Public Library](#) (540) 332-3902
- [Augusta County Public Libraries](#)
 - Fishersville Main Library (540) 885-3961 or (540) 949-6354
 - Churchville Branch Library (540) 245-5287
 - Stuarts Draft Library Station (540) 569-2683
 - Weyers Cave Library Station (540) 453-4920

To request a test, call the library branch number. Tests are subject to availability. Please call or check the website for the most up-to-date self testing information!

For more information about testing or to find alternate testing sites [visit the VDH Testing Website](#).

Learn more about self-testing for COVID-19

Read more about free COVID-19 self tests at Virginia libraries

COVID-19 TESTING CLINIC

The Central Shenandoah Health District is offering free drive thru COVID-19 testing for those:

- 👉 With COVID-19 symptoms, and/or
- 👉 Who have been exposed to COVID-19

NO PRE-REGISTRATION REQUIRED!

📍 Hillandale Park
801 Hillandale Ave
Harrisonburg, VA

🕒 Monday & Thursday
8:00 -10:00 am



QUESTIONS? CALL YOUR LOCAL HEALTH DEPARTMENT!



TESTING WILL RESUME MONDAY, DECEMBER 27 AND THURSDAY, DECEMBER 30

CSHD IS VACCINATING EVERYONE 5 AND UP!

FREE COVID-19 VACCINATIONS

Mondays, 12:00 - 6:00 pm
College Square
Old Peeble's/Gordmans

770 North Lee Hwy
Lexington VA 24450

Pfizer (Ages 5+) 2 shots
Moderna (Ages 18+) 2 shots
Johnson & Johnson (Ages 18+) 1 shot

**BOOSTERS
AVAILABLE!**

MAKE YOUR APPOINTMENT AT
VASE.VDH.VIRGINIA.GOV



Looking for an opportunity to get your COVID-19 vaccine or booster shot this week?

There are plenty of opportunities to get your COVID-19 vaccine or booster throughout the Central Shenandoah Health District, including:

- Local and retail pharmacies (like CVS, Wal-Greens, or a local independently owned pharmacy);
- Your family doctor or pediatrician;
- Health department clinics and community vaccination clinics

We have plenty of availability for Monday's clinic at College Square! Make your appointment today!

Monday, December 27, 12:00 to 6:00 p.m.

College Square (Old Peeble's/Gordmans)

Pfizer, Moderna, Johnson & Johnson (Booster doses for eligible persons, first and second doses also available)

Appointments required. To make your appointment, please visit

vase.vdh.virginia.gov.

**Read more about COVID-19 Booster
Doses**

THE FLU SHOT: WHAT YOU NEED TO KNOW

All people 6 months and older should



get a flu shot for protection against the flu.

Visit <https://getmyflushot.org/> to find a location near you and to learn more about the flu shot. Not only does getting your flu shot help protect you and your loved ones, but it can also help our overwhelmed healthcare providers focus on treating people who are sick with Covid-19.

UPCOMING FLU VACCINE CLINICS AT THE LOCAL HEALTH DEPARTMENT!

Call your local health department to schedule an appointment!

Waynesboro Augusta Health Department: Call 540-949-0137

Flu vaccine clinics every Wednesday, 2:00pm-4:00pm

Lexington Rockbridge Health Department: Call 540-463-3185

Flu vaccine clinics every Monday, 1:00pm-4:00pm

You may receive your COVID-19 shot or booster at the same time as your flu shot!

CENTRAL SHENANDOAH HEALTH DISTRICT COVID-19 DATA

NOTE: Last week's case data breakdown contained a spreadsheet error that did not accurately reflect the number of cases in CSHD. This week's data has been corrected.

Case Trends

The chart below illustrates the rate of cases throughout the Central Shenandoah Health District over the last 90 days.

Number of New Cases Reported^

156

7-Day Average Number of Daily New Cases Reported

126

7-Day Average Number of New Daily Cases Reported, Rate per 100,000 Population

41.9

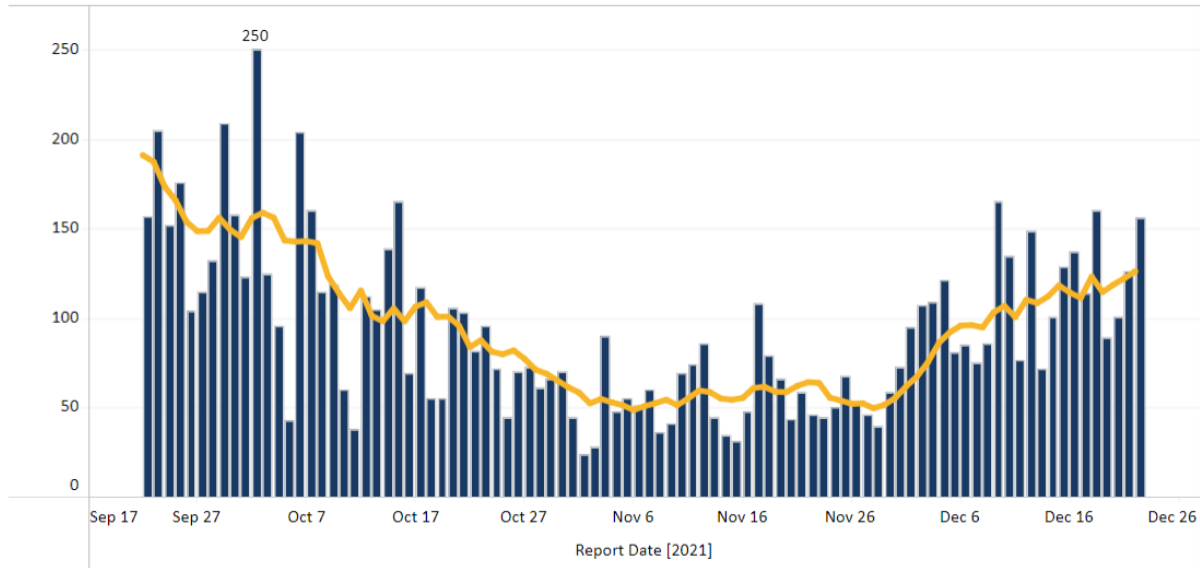
Total Number of New Cases per 100,000 Population within last 14 days

568.6

Report Date Daily Cases Counts for past 90 Days
Multiple Localities

Select Date Range (Affects Bar Chart)

Past 90 Days



Case Data Breakdown

As reported to VDH, by date of lab report. May differ from other sources, due to reporting lags. Negative numbers indicate data corrections, since March 2020. More data can be found [here](#).

	7-Day Average Number of Daily New Cases Reported	Total Cases	Total Hospitalizations	Total Deaths
Rockingham County	28	10,432	653	177
Harrisonburg City	22	8,867	284	116
Augusta County	44	11,460	329	142
Staunton City	12	3,790	106	86
Waynesboro City	8	3,949	106	53
Rockbridge County	5	2,388	84	68
Lexington City	1	1,668	38	37
Buena Vista City	2	1,480	36	32
Bath County	2	551	20	15
Highland County	1	222	3	4
Totals:	125	44,807	1659	730

Vaccination Rates

You are considered to be fully vaccinated 2 weeks after your second dose in a 2-dose series or 2 weeks after a single-dose vaccine.

In the Central Shenandoah Health District, vaccination percentages are broken down by locality and city below:

	Percentage of Population receiving one dose	Percentage of Population fully vaccinated	Percentage of Adults receiving one dose	Percentage of Adults fully vaccinated
Rockingham County	56.9	52.3	66.2	61.2
Harrisonburg City	57.6	51.6	61.8	55.9
Augusta County	59.1	55.1	67.4	63.1
Staunton City	69.4	63.3	77.9	71.4
Waynesboro City	64.8	59.1	76.9	70.8
Rockbridge County	60.7	56.0	68.3	63.2
Lexington City	59.9	53.3	61.6	55.5
Buena Vista City	58.9	53.1	68.8	62.4
Bath County	58.0	51.4	66.0	58.8
Highland County	59.0	55.4	66.2	62.7
Totals:	60.4	55.1	68.1	62.5

Data Sources - Find out more!

The Virginia Department of Health maintains a COVID-19 dashboard containing case, vaccination and transmission data. To find out more about this data and how it is collected, click the link below!

Visit the VDH COVID-19 Data
Dashboard

Health Education Corner



CSHD Gratitude Check-In!

With so many new developments in the Covid-19 world, CSHD encourages our newsletter readers to take a moment for gratitude. Your mental and physical health will thank you for doing so!

To get you started, what are 3 things you are grateful for today?

To explore the power of gratitude and tips for how to practice gratitude, please visit [CDC's How Right Now](#).

P.S. CSHD is grateful for YOU!

COVID-19 MITIGATION



Vaccination is our number one line of defense in defeating COVID-19. All COVID-19 vaccines approved and authorized in the United States are safe, effective and free. **The Central Shenandoah Health District encourages**

everyone who is eligible to receive the COVID-19 vaccine do so as soon as possible!

In addition to vaccination, layering other public health mitigation measures can keep you and your family safe! This can include:

- **Masking up in areas of high transmission**, even if you have already been vaccinated. Currently, the majority of localities throughout the state are in a state of substantial to high transmission. Read more about transmission [here](#).
- **Practice physical distancing (also known as social distancing)**, and stay 6 feet apart from others. It is a way to slow the spread of COVID-19 by reducing close contact between people. The closer you are to other people who are not fully vaccinated and the more time you spend with those people, the higher the risk of COVID-19 spread.
- **Wash your hands often with soap and water for at least 20 seconds.** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, rubbing your hands together for at least 30 seconds until they are dry.

Read more about COVID-19 Mitigation Best Practices

COVID-19 VACCINE CLINICS

Click the button below for a full list of COVID-19 vaccine clinics happening in the Central Shenandoah Health District. The clinics are separated by region. Please note that the Pfizer vaccine is approved for ages 5+ and the Moderna and Johnson & Johnson vaccines are approved for ages 18+. These schedules are subject to change

You can register for these clinics at vase.vdh.virginia.gov.

View the COVID-19 Community Calendars

We also continue to partner with organizations throughout the district to provide access to COVID-19 vaccines. Visit the websites below for COVID-19 vaccine clinics operated by our community partners!

- Augusta Health: <https://vaccinate.augustahealth.com/vaccine-appointments/>
- Carilion Rockbridge Community Hospital: <https://www.carilionclinic.org/covid-19-vaccine#latest-updates>
- Health Community Health Centers: <https://www.hburgchc.org/covid-19-2/>
- Rockbridge Area Health Center: <https://www.rockahc.org/coronavirus-covid-19-updates/>
- Sentra Rockingham Memorial Hospital: <https://www.sentara.com/harrisonburg-virginia/covid-19-information.aspx>

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FOR MORE INFORMATION ABOUT COVID-19, VISIT:
<https://www.vdh.virginia.gov/coronavirus/covid-19-in-virginia/>



